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City of Somerville Council on Aging



167 Holland Street, Somerville, MA 02144 617-625-6600, ext. 2300

Learning Social Media

Monthly Monday Movies On the Big Screen

Award-winning movies
on the big screen
in the Atrium.

Showtime at 12:30.

September 29th.

Saving Mr. Banks.

See how Walt Disney
(Tom Hanks) finally
convinces Mary Poppins
author P.L. Travers to
make the 1964 **Mary
Poppins** movie starring
Julie Andrews and
Dick Van Dyke.

October 27th.

The Monuments Men.

Follow a group of Allied
soliders whose job it
was to find and save
pieces of art and other
culturally important
items before the Nazis
could find, destroy, or
claim them as property.



Are you curious about Facebook, but
not sure how to get started? Dive in
with a free, fun class at the Holland
Street Center that will get you
started.



In two separate sessions, learn the
basics of setting up a profile, searching for family and
friends, protecting your privacy, and using the social
network to explore your interests. Meghann Ackerman, the City's Social
Media and Community Engagement Specialist, will teach these classes on
Tuesday, September 9 and Tuesday, September 16, from 10 to 11:30 a.m.
If you don't have an e-mail address, come at 9:30 a.m., on Tuesday, September
9th for help setting one up.

For more information , or to sign up, please call 617-625-6600, ext. 2300. If
you would like to stay for lunch after the sessions, you need to make a
reservation at least one day before.

Recognizing Veterans



The Council on Aging recognizes the valuable
contributions of our veterans with a special
screening of **"Honor Flight."**

This is a heartwarming documentary about
four living World War II veterans and the
Midwest community that comes together to
give them the trip of a lifetime. This
screening, on **Monday, October 27th at 9:30
a.m.**, will replace the regularly scheduled

October Veterans Group and will include a discussion about how to
participate in and/or support the Honor Flight program. All are welcome.

Message from the Mayor

Contacts & Information

Greetings Everyone:

Seems as if I just wrote to you to enjoy the summer, and here we are already in September!

It was so nice to see so many of you at the Picnic last month. It's always great to re-connect with old friends and to meet some new ones as well.

Speaking of meeting new friends---I know for a fact that any one of the Council on Aging's three Centers is a good place to meet and make friends. I see that the monthly breakfast at the Holland Street Center resumes this month. I can't think of a better way to start the day than breakfast and a chance to learn about community resources. I also hear that the Ralph and Jenny Center has had some packed special events, and that the people at the Cross Street Center are having fun with my friends at Teen Empowerment.

As always, I am so impressed with the number and variety of outings the Council on Aging sponsors. What better way to welcome the fall season than a trip to a farm that includes a free pumpkin, or to dance the day away to country music hits?

Healthy living is very important to me, so I'm thrilled to see the amount of health-related programming for our older adults. I encourage you to join any one of the fitness classes listed on the calendar, and to check out the Health Fair next month.

I can't believe I'm saying this--- but have a Happy Fall!



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Janine Lotti ▪ Senior Project Manager

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Kim Moss ▪ Ralph and Jenny Director

COUNCIL ON AGING OFFICE

Monday - Friday 8:30 a.m. - 4:30 p.m.

CROSS STREET CENTER

165 Broadway ▪ 617-625-6600, ext. 2335

Tuesday & Wednesday 9 a.m.-1 p.m.

HOLLAND STREET CENTER

167 Holland Street ▪ 617-625-6600, ext. 2300

Monday - Friday 9 a.m.-3 p.m.

RALPH & JENNY CENTER

9 New Washington Street ▪ 617-666-5223

Monday-Thursday 9 a.m.-3 p.m.

Important Transportation Information

Access to low-cost transportation is always a concern. Options and requirements are always changing. Thank you to social work intern, Simone Martell, for compiling the following chart to help sort out the options.

SCM/DOOR TO DOOR	CATALDO AMBULANCE	MBTA THE RIDE
Who Can Use It?	Who Can Use It?	Who Can Use It?
Residents of Somerville and Cambridge ages 62 and older, or those living with a disability. Wheelchair or scooter accessible.	Older Adults Wheelchair and scooter accessible	Any Massachusetts resident who is living with a disability that prevents them from using other transportation. Wheelchair and scooter accessible.
What Is It Used For?	What Is It Used For?	What Is It Used For?
Council on Aging meal sites Medical “Dial a Ride” Transportation to medical appointments “Paul’s Ride” Visit a loved one in the hospital	Elders on the Move program Transport for non-emergency rides CHA Network patient transportation	Medical appointments, visits to SCOA, going to the grocery store, going to activities
How Can I Sign Up?	How Can I Sign Up?	How Can I Sign Up?
If you are a client of Somerville-Cambridge Elder Services (SCES) homecare, contact your case manager. If you are not a client of SCES, contact SCM Door2Door Reservation center. A doctor’s letter is not required. Note that CHA network patients will be redirected to Cataldo Ambulance for medically-related transportation.	If you are a member of the Cambridge Health Alliance (CHA) network, contact CHA directly.	Call the Ride Eligibility Center (617-337-2727) to begin the application process. The Ride now has personnel who specialize in all aspects of the application process. You will need the following information for a personal interview: phone number (home, cell, work, emergency); street and mailing address; health care-provider contact information (name, phone, fax); Visual Acuity or Field of Vision statement, if you are visually impaired; and diagnosis or statement from your mental health care provider, if you have a psychiatric condition.
How Much Does It Cost?	How Much Does It Cost?	How Much Does It Cost?
If you are using SCM for meals, a medical appointment, or visiting someone in the hospital, SCM is available at no cost. Voluntary donations based on usage are greatly appreciated. Private, individual appointments	For riders who have Medicare but are not Cambridge Health Alliance (CHA) members, the cost depends upon the length of the ride, and if you need chair to car assistance services. The average cost is about \$75 each way.	Premium fare is \$5 for a one-way ride. ADA-fare is \$3 for a one-way ride. You must have funds in your RIDE account to schedule a trip. To add to your account, you can call 888-844-0355.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1 All Centers Closed Labor Day Holiday	2 10:00 English Conversation (C) 10:00 Men's Group Resumes with a special SMP Presentation (H) 10:00 Cards (R) 10:30 Brain Games (H) 11:30 Lunch (R), C 12:45 Bingo (R) 6:00 Caregivers (H)	3 10:00 Cards (R) 10:00 English Conversation (C) 11:30 Lunch (H, R), C 1:00 Bowling resumes at Flatberad 1:00	4 10:00 Cards (R) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, R) 12:45 Bingo (R), H 1:00 Farmers Market	5 10:00 Book Club (H) 11:30 Lunch (H) 12:45 Bingo (H)
8 9:30 Monthly Breakfast Resumes (H) 11:30 Lunch (H) 11:30 LGBT Con-gregate Meal (H) 4:30 LGBT Advisory Board (H)	9 10:00 Learn about Facebook with Meghann Ackerman 10:00 English Conversation (C) 10:00 Cards (R) 10:30 Low Vision Resumes (H) 11:30 Lunch (R), C 12:45 Bingo (R)	10 10:00 Cards (R) 10:00 English Conversation (C) 11:30 Lunch (H, R), C 12:45 Bingo (R)	11 10:00 Cards (R) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, R) 12:45 Bingo (R), H 1:00 Farmers Market	12 11:30 Lunch (H) 12:45 Bingo (H)
15 9:00 Gardening (H) 9:30 Veterans Group (H—Senior Center) 11:30 Lunch (H) 5:30 LGBT Dinner and a Movie: <i>Shelter</i>	16 10:00 Learn about Facebook with Meghann Ackerman 10:00 English Conversation (C) 10:00 Cards (R) 11:30 Lunch (R) 12:45 Bingo (R)	17 10:00 Cards (R) 10:00 English Conversation (C) 11:30 Lunch (H, R), C 12:45 Bingo (R) Suffolk Downs	18 10:00 Current Events (H) 10:00 Blood Pressure (H) 10:00 Cards (R) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, R) 12:45 Bingo (H, R) 1:00 Farmer's Market (H) Danversport Yacht Club	19 11:30 Lunch (H) 12:45 Bingo (H)
22 11:30 Lunch (H)	23 10:00 English Conversation (C) 10:00 Cards (R) 10:30 Brain Games (H) 11:30 Lunch (R), C	24 10:00 Cards (R) 10:00 English Conversation (C) 11:30 Lunch (H, R), C	25 10:00 Current Events (H) 10:00 Cards (R) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, R)	26 11:30 Lunch (H) 12:45 Bingo (H)

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Twin Rivers	12:45 Bingo (Rf)	12:45 Bingo (Rf)	11:30 Lunch (H, Rf) 12:45 Bingo (H, Rf) 1:00 Farmer's Market (H)	
		Supper and Bingo Hanscom Air Force Base		
29	11:30 Lunch (H) 12:30 Afternoon at the Movies: Saving Mr. Banks	10:00 English Conversation (C) 10:00 Cards (Rf) 11:30 Lunch (Rf, C) 12:45 Bingo (Rf) East Hill Farm		

To sign up for Council on Aging events or classes, Please call (617) 625-6600, ext. 2300. Somerville residents shall receive registration priority on all trips. Non-residents may request to be placed on a waiting list and if openings exist on a trip, non-residents may be able to register. Proof of residency may be required. In all cases, participants are not considered enrolled in a class or event list until deposit payment in full is rendered.

WEEKLY EXERCISE CLASS SCHEDULE

Monday: Wii Bowling, Noon, Free (H); *Fit 4 Life C, 1:00 p.m., (H)
 Tuesday: Strengthening, 9:15 a.m., \$3 per class (H); Dalcroze Eurhythmics, 1:00 p.m., \$2/class(H); *LBT Fit4Life, 6:00 p.m (H)
 Wednesdays: *Fit 4 Life A, 8:45 a.m./B, 9 a.m./ C, noon (H); Zumba 4 All, 5:15 p.m., \$3/class (H)
 Thursdays: Strengthening, 9:30 a.m., \$3 per class (Rf) ; *LBT Fit 4 Life, 6:00 p.m. (H)
 Fridays: *Fit 4 Life A, 8:45 a.m./B, 9 a.m./ C, noon (H)

*All Fit 4 Life classes cost \$10/month and require pre-registration

KEY TO ABBREVIATIONS

H: HOLLAND STREET C: CROSS STREET CENTER RJ: RALPH & JENNY CENTER

Announcements

- ⇒ **ALL** Council on Aging offices and centers are **CLOSED on Monday, September 1st** for the **Labor Day** holiday.
- ⇒ **MANY OF THE PROGRAMS ON A SUMMER HIATUS WILL RETURN THIS MONTH:**
 - **Men's Group** resumes on Tuesday, September 2nd. Note that the group will have an **earlier start time of 10:00 a.m. this month only**. This is to accommodate a Senior Medical Patrol (SMP) program including information about identity theft, fraud, and scams.
 - **Bowling at Flatbread** resumes on Wednesday, September 3rd.
 - The **Monthly Breakfast** resumes on Monday, September 8th.
 - The **Low Vision** group resumes on Tuesday, September 9th at 10:30 a.m. It will feature a vision-related speaker.
- ⇒ On **Sunday, September 7th from noon to 4 p.m.**, make sure to visit the COA's table during the 3rd installment of the City's SomerStreets series. The theme of this event is "**Music and Motion**," and the festivities will run the length of Holland Street from Davis Square to Teele Square.
- ⇒ Don't forget that, due to the free screening of "**Honor Flight**," the Veterans Group for October will not meet. (See page one for more details.)
- ⇒ Be sure to save the date for the **Annual Health and Wellness Fair**, coming up on Thursday, October 16th from 9 a.m. to noon. The theme this year is "**Mastering the Aging Process**."

From the Social Services Desk

Top Ten Reasons to Volunteer

10. **It's good for you.** Volunteering has been known to reduce stress, affect moods, and strengthen the immune system.
9. **It saves resources** by providing valuable, no-cost community services.
8. **Volunteers gain professional experience.** Lots of people volunteer to test out a new career.
7. **Volunteering brings people together.** As a volunteer, you help to unite people from diverse backgrounds to work toward a common goal, and you build a sense of teamwork and camaraderie.
6. **It promotes personal growth and self esteem.** Understanding community needs helps foster empathy and self-sufficiency.
5. **Volunteering strengthens your community.** Volunteers help support families, improve schools, support youth, and beautify community spaces.
4. **You can learn a lot.** You might discover hidden talents. You can learn more about how local and state government works. You can learn about resources in your community to help solve community needs.
3. **You get a chance to give back.** People like to support community resources that have helped them or someone close to them.
2. **Volunteering encourages civic responsibility.** Community service and volunteerism are an investment in the community and in the people who live in it.



AND THE NUMBER ONE REASON

TO VOLUNTEER IS:

1. **You make a difference.** Every person counts toward making the world a better place.

Fitness Classes

Wii bowling:

No shoes and no lane, but a workout just the same.
Free.

Mondays Noon *Holland Street*

Dalcroze Eurhythmics**Music-Based Fitness Class**

Tuesdays 1:00 p.m. *Holland Street*

Strengthening with Geoff

Tuesday 9:15 - 10:15 a.m. *Holland Street*
 Thursday 9:30 - 10:30 a.m. *Ralph and Jenny*

Fit-4-Life Fitness and Nutrition Program

- ♦ *Open to all 55+ on Wednesday and Friday mornings and afternoons at Holland Street.*
- ♦ *Open to Somerville's Lesbian, Bisexual, and Transgender women 55 and older on Tuesday and Thursday evenings at Holland Street.*

Call Chris at (617) 625-6600, ext. 2315 for more information.

Bowling at Flatbread RESUMES on
Wednesday, September 3rd at 1 p.m. !

\$10 per week includes shoe rental and dues.

Zumba for All (\$3 per class, \$15 for 6 classes)

Wednesday 5:15-6:15 p.m. *Holland Street*

Keep Moving: Everyday Exercises for Older Adults

Sun/Tues 12:30 p.m. and 7:30 p.m.
 Thursday 12:30 p.m.

City TV 13 (RCN), 22 (Comcast) Educational Channel 15

LGBT Happenings

**LGBT Lunch:**

Monday, September 8th – 11:30 A.M.

Somerville Cambridge Elder Services will provide a hot or cold lunch – suggested contribution of \$2.00. RSVP no later than 2:30 P.M. Thursday, September 4th.

LGBT Dinner & Movie:

Monday, September 15th – 5:30 PM meal time; movie at 6:30 PM.

September's movie is "Shelter" and back by popular demand is pizza & salad for dinner. \$5.00 fee. Must RSVP by 10:00 AM on Monday, September 15th.

LGBT Advisory Group:

Second Monday of each month. Next meeting is Monday, September 8th at 4:30 P.M. We would love to have you be part of our group.

If you would like information regarding any of these LGBT events please contact Maureen Bastardi at (617) 625-6600 ext. 2316 or email MBastardi@Somervillema.gov

Saying Goodbye Is Never Easy

On Wednesday, August 13th, after 86 years of love and care and fun, our friend Florence “Flo” Papagno passed away. Everyone—including the Mayor, many friends in the City, and, of course, the staff members at the Council on Aging—has been devastated by this sudden and very sad loss. In the time since her death, there have been endless stories about small ways that Flo used to brighten someone’s day by telling a funny story, listening to trials and tribulations, offering her opinion and advice, or just simply by smiling and giving hugs. For every person who knew her, there was yet another testimony to Flo’s ability to “cut through the bull” and to help everyone understand what really matters in life.



Although it’s very hard to say goodbye, we will move on as a community by remembering something Flo used to tell us: “I didn’t get this old and come this far by worrying. It’s not worth it.” We all know she was right. She usually was.

Rest In Peace, Flo. You will never be forgotten. You will always be loved.

Somerville Council on Aging

Somerville Community Service Center

167 Holland St.

Somerville, MA 02144

617-625-6600 ext. 2300

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